



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

AUG/SEPT 2016

For the Active Adult 55 and Better

Welcome to the REC Active Adults 55 and Better

Be sure to stop at the Active Adult desk to check on your eligibility for a **SilverSneakers** or **Silver&Fit** membership at The REC. Many Medicare plans offer these benefits to their members which will give you the opportunity to use the facility during regular operating hours for FREE. Also, be sure to sign up for exercise classes beginning on the first of each month for the following month's classes. Priority in all classes and programs is given to Grapevine residents.

Culture Club signups and renewals for the 2016-2017 season are currently in progress. Get your application at the Active Adult desk. The Culture Club is comprised of people who enjoy and appreciate the fine arts of music, dance, and the theatre. For a nominal fee of \$10 per year, you may join this group which allows you to be notified of current cultural events as they become available to us. You must be spontaneous to maximize your participation in this group as events are usually posted only a day or two beforehand. We attempt to provide transportation to a minimum of 6 events for the season.

If you have any questions or concerns, ask the friendly staff at the Active Adult desk. They are always happy to assist you!

Highlights for August

- 1 Computer Registration
- 19 Go Go Girls Trip
- 23 Megan's Lunch Bunch
- 26 Plaid Shirt Trip
- 26 Yummy in My Tummy
- 30 London Presentation

Highlights for September

- 6 Go Go Girls Scavenger Hunt
- 15-18 GrapeFest
- 21 AARP Driver Safety
- 22 Chorus Resumes
- 23 Plaid Shirt Trip
- 24 Touring Lunch
- 26 Computer Registration
- 27 Medicare Meet & Greet
- 30 Senior Jamboree

Young@Heart Gardeners

On Monday, **September 26**, you will make your own hand painted visor to wear while you garden. Protect yourself from the sun's rays in a fashionable way. We will also stroll through the Garden and feed the Japanese Koi. Class takes place at the Edith Pewitt Pavilion at the Botanical Gardens from 10 am-12 pm. Mandatory pre-registration with your \$5 fee may be done at The REC.

Collette Vacations: London! March 2-8, 2017

Get all the details on this trip on Tuesday, **August 30** at 10 am through a presentation by Chris, our knowledgeable Collette representative. This is a single hotel stay so you only have to unpack once! Highlights include Buckingham Palace, Big Ben, Stonehenge, Salisbury, London Eye, Shakespeare's Globe Theatre and a traditional pub dinner. Prices per person which include round trip air from DFW, taxes, fees, surcharges and transfers are: double \$2,749; single \$3,349; triple \$2,719. September 26 is the deposit due date. Brochures are available at the Active Adult front desk.

Fraternal Order of Plaid Shirts

Join the gentlemen on a trip to the Civil War Museum on Friday, **August 26**; bus leaves at 10 am. Celebrating its 10th anniversary, this museum is the largest Civil War museum west of the Mississippi River. Along with the exhibits, there is a 75 seat movie theatre that shows a commissioned movie about Texas in the Civil War. Cost of the trip is \$6 plus lunch on your own at Billy's Oak Acres BBQ. On Friday, **September 23**, the bus leaves at 9:30 am to go to the Texas Motor Speedway for a tour. Bring \$8 for the entry fee plus money for lunch at Reno Red.

Go Go Girls from Grapevine

On **August 19**, we are going to try and beat the heat by going to the movies! Call us at the beginning of that week to find out the details. On **September 6**, staff has planned an exciting Scavenger Hunt at Grapevine Mills Mall with prizes awarded to those who finish first. Lunch on your own will follow at Cracker Barrel. Sign up at the Active Adult desk.

Noon Lunch for Active Adults at The REC

Lunches provided by Senior Citizen Services of Greater Fort Worth, Inc. (SCS) are served in Events Hall A, Monday through Friday. Menus are available at the Active Adult Desk. Reservations must be made at least by noon the day prior. If you are 60 years of age or better, a voluntary donation of \$2 is suggested. You may give more or less at your discretion. If you are 59 years or younger, there is a mandatory charge of \$6. SCS paperwork must be completed before the second meal can be ordered. These lunches are funded by United Way and the Area Agency on Aging. Reservations can be made by phone or in the designated lunch book located at the Active Adult Desk.



Tai Chi

Tai Chi helps to improve muscle strength, coordination, flexibility and your overall physical condition. If you are brand new to this class, you are invited to join on Friday, **September 2**. In this program, each class builds on knowledge learned from previous classes. Newcomers are invited to join quarterly. The next invitation for newcomers will be Friday, December 2. Please register at the Active Adult desk to join this class.

Medicare Open Enrollment Meet & Greet

The time period for Open Enrollment is October 15 – December 7 when you can make changes to your coverage including Original Medicare and Advantage Plans. Insurance companies will be here on Tuesday, **September 27**, 9-11:30 am, to answer your questions about the various plans offered. You will have the opportunity to visit one-on-one with companies to assist you in your decision-making process about which company/plan best meets your needs. **Later, on Tuesday, October 18 beginning at 10 am, the Area Agency on Aging will be here and can help you in actually enrolling in a plan of your choice.**

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Water Aerobics 9-12:00 Computer Registration 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	2 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Thrifty Tuesday 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo 3:30 Sr. Citizens Advisory Board	3 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	4 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1-3:00 Pickleball	5 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 NO Card Making 1:00 Line Dancing
8 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Strength Training 1:00 Mah Jongg	9 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 11:30 Advisory Council 12:30 Participant Meeting 1:00 Bingo	10 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	11 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1-3:00 Pickleball	12 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Line Dancing
15 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	16 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo	17 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	18 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1-3:00 Pickleball	19 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors TBD Go Go Girls 1:00 Card Making 1:00 Line Dancing
22 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	23 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 11:30 Megan's Lunch Bunch 1:00 Bingo	24 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	25 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzlin' Seniors 1:00 Yoga Lite 1-3:00 Pickleball	26 9:45 Chair Exercise 10:00 FOPS Trip 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Card Making 1:00 Line Dancing 1:00 Yummy in My Tummy
29 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	30 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 London Presentation 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzlin' Seniors 1:00 Bingo	31 8:00 Water Aerobics 9:45 Chair Exercise; 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot	Thank you to Woodridge Health and Rehabilitation at Grapevine for the Birthday Cake! And another big thank you to Kindred at Grapevine for the weekly Blood Pressure Checks!	
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Notes:				
August 19 Go Go Girls Trip, Going to the Movies! (Call after Tuesday to find out which movie and when we are going.)				
August 23 Megan's Lunch Bunch - Asian King Buffet - Cost: \$13				
August 26 Fraternal Order of Plaid Shirts - Civil War Museum - Cost \$6 - Lunch on your own: Billy's Oak Acres BBQ				
August 26 Yummy in My Tummy - Debbie Gill, Keller Williams Realty				
August 30 London Presentation - Collette Vacations				

SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Notes: September 2 Tai Chi newcomers invited to join September 15-17 GrapeFest September 23 Yummy in My Tummy - Debbie Gill, Keller Williams Realty September 24 Touring Lunch (9:30 - 2:30) September 27 Insurance Meet & Greet - Medicare Open Enrollment Information (Meet one-on-one with a variety of insurance companies.) September 30 Senior Jamboree - Camp Carter, bus leaves at 9am & returns by 2:30pm			1 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 11:00 Sizzlin' Seniors 1:00 Yoga Lite	2 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Line Dancing
5 8:00 Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	6 8-10:00 Pickleball 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Bank and Post Office 10:00 Go Go Girls 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Sizzlin' Seniors 1:00 Yoga Lite 1:00 Bingo	7 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	8 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 NO Chorus 10:30 Cycling with Megan 11:00 Sizzlin' Seniors 1:00 Strength Training	9 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Line Dancing
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26 8:00 Water Aerobics 9-12 Computer Registration 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	27 8-10:00 Pickleball 8:00 Water Aerobics 9-11:30 Ins Meet & Greet 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Sizzlin' Seniors 1:00 Yoga Lite 1:00 Bingo	28 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	29 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Sizzlin' Seniors 1:00 Strength Training	30 9:00 Senior Jamboree 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Sizzlin' Seniors 1:00 Line Dancing

SilverSneakers and Silver&Fit Memberships Available
 Come visit the Active Adult desk to check your eligibility today!





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1175 Municipal Way
Grapevine, TX 76051

facebook.com/GrapevinePandR • www.TheREC.com

HELPFUL PHONE NUMBERS:

2-1-1

First Call for Help, United Way
Information and Referral Line

817.336.8714

Northeast Transportation
Service (NETS)

817.410.3465

Grapevine SeniorMovers

Touring Lunch - September 24

The Touring Lunch is a progressive lunch to several locations to learn about the services that each particular business offers to seniors. You are invited to bring a friend or your adult child to join you on this fun fact-finding trip. This event is always a popular one and fills up quickly. You will enjoy getting to know your fellow participants as we travel from place to place. Signups conclude on Friday, September 12. The bus leaves at 9:30 am on Saturday, September 24 and we finish up around 2:30 pm. Sign up at the Active Adult desk with your \$5 payment.

August and September Trip Registrations

Grapevine residents may sign up in person on August 2 for trips. Non-residents may sign up beginning August 9. Please check at the Active Adult desk periodically for additional spontaneous trips that may be added after the newsletter has gone to print.

Megan's Lunch Bunch

The Asian King Buffet is our destination on Tuesday, **August 23**. \$13 covers your meal, a drink, tax and tip. Bus leaves at 11 am. This event fills up quickly; signups begin on Tuesday, August 2.

Northeast Tarrant County Senior Jamboree

This exciting event takes place on Friday, **September 30** from 9 am – 1 pm at Camp Carter located in Ft. Worth. Activities, live music and a free lunch await you. Transportation provided leaving The REC at 9 am. Sign up at the Active Adult desk and let us know if you are driving yourself or riding with us!

Computer Class Registration

Registration for classes begins on **August 1** and **September 26**. Walk-in registrations take place 9 am – 12 pm both days with phone registrations beginning after 1 pm. Registration is first come, first served with priority given to Grapevine residents on the first day of registration. A list of classes can be found on the city website and also at the Active Adult front desk 2 weeks prior to registration. Mark your calendars!



A+ Aging: Successful Aging Tip of the Month: Keep Moving!

"Exercise, exercise, exercise! A sedentary lifestyle in older age is particularly dangerous as it puts you at higher risks for falls and more rapid health decline." -Dr. Esiquio Casillas (pbs.org)

Please note that some exercise class times have changed effective September 1.